

Hungry Brothers Stew

Makes: 8 Servings

“My grandma told me about this contest and I thought it would be fun to create a recipe and to have the opportunity to dine with the First Lady at the Kids’ “State Dinner,” says Colton. “I read a story about the Native American “Three Sisters.” I liked how the boy in the story came and picked the “Three Sisters” and how the corn supports the beans, and the squash helps support and protect the corn and beans, just like a family. We altered this recipe to match My Plate requirements. I first made this recipe with my grandma at my grandparents’ house.”

Ingredients

- 1 large butternut squash, peeled
- 3 **tablespoons** extra-virgin olive oil
- 1 onion, peeled and chopped
- 6 **cloves** garlic, peeled and minced
- 1 large red bell pepper, seeded and cut into strips
- 1 (28-ounce) can fire roasted diced tomatoes
- 1 (15-ounce) can white beans, drained and rinsed
- 1 (15-ounce) can pinto beans, drained and rinsed
- 2 **1/2 cups** fresh or frozen corn
- 32 **ounces** low-sodium chicken broth
- 1 (4-ounce) can green chile peppers
- 1 **tablespoon** ground cumin
- 2 **teaspoons** chili powder
- 1 **teaspoon** dried oregano
- pinch** crushed red pepper flakes
- 1/2 teaspoon** salt
- 1/2 teaspoon** black pepper
- 1 **cup** cooked quinoa
- 1/4 cup** fresh cilantro, for garnish

Directions

1. **Preheat the oven to 375°F.** Cut the squash in half and



Nutrition Information

Nutrients	Amount
Calories	402
Total Fat	8 g
Saturated Fat	1 g
Cholesterol	N/A
Sodium	566 mg
Total Carbohydrate	71 g
Dietary Fiber	14 g
Total Sugars	12 g
Added Sugars included	N/A
Protein	18 g

remove the seeds. Fill a large shallow baking pan with 2 inches of water. Place squash halves, cut sides up, in the pan and cover with aluminum foil. Bake for 40 minutes, or until the squash is tender when pierced with a fork. Let the squash cool, then cut into cubes.

2. **In a large stockpot**, heat the olive oil over medium high heat. Add the onion and cook for 3 minutes. Add remaining ingredients, except the squash, quinoa and cilantro, and bring to simmer. Reduce the heat to medium and cook for 20 minutes. Add the cooked squash and quinoa and cook for 5 minutes more. Spoon into bowls, top with cilantro, and serve.

The 2015 Healthy Lunchtime Challenge Cookbook